

AMH Inside Out

Sun Safety: How to Have Fun in the Sun

By Jill Harvill, AMH Exercise Physiologist

It is good for us to get outside. However, sun exposure can have very negative effects on our skin, including sunburn, wrinkles and other skin damage, and skin cancer. Using sunscreen is one of the easiest ways to protect your skin. Selecting and applying the right type of sunscreen for your skin will help protect you from sunburn and other skin damage.

You need to use sunscreen if you spend any time outdoors during daylight hours. Regardless of skin type, the sun's energy penetrates deeply into the skin and damages DNA of skin cells. This damage may ultimately lead to skin cancer. Many people working outside, such as construction and survey workers, are especially susceptible to skin damage. Children or teenagers who experience at least two blistering sunburns are at increased risk of developing skin cancer later in life.

MORE ON SUN SAFETY...

[Be Sun Wise know your UV Index](#)

[Sun Poisoning - Photodermatitis](#)

[What's Your Sun Safety IQ?](#)

Selecting the Right Sunscreen

Sunscreens work by absorbing, reflecting or scattering ultraviolet (UV) light. UVA and UVB

rays from the sun cause skin damage. The sun protection factor (SPF) is a measurement of the amount of UVB protection — the higher the number, the greater the protection. For example, an SPF 30 filters about 97 percent of UVB rays.



Select a broad-spectrum sunscreen with an SPF of at least 15. Use a higher SPF on your face and hands, which are more likely to be overexposed to the sun during the day. Look on the ingredient labels for these effective sunblock agents: oxybenzone, sulisobenzene, avobenzone (Parsol 1789), ecamazole, titanium dioxide or zinc oxide. Choose water resistant sunscreens as they offer more protection against washing off in water or when perspiring heavily. Most sunscreens have a shelf-life of about three years. If there is an expiration date, discard the sunscreen after that date.

How Should I Use Sunscreen?

Apply "liberally", which means about 1 ounce —a good palm-full— to cover all exposed parts of the body. To maximize protection, apply sunscreen 30

minutes before going outdoors, rub in well and reapply every two hours.

Sunscreen should be used with other protective measures, such as limiting sun exposure and covering your skin. For the most complete sun protection, use all three of these methods:

- Avoid or limit exposure to the sun between 10 a.m. and 4 p.m. Because the sun's rays are strongest during these hours, try to schedule outdoor activities for other times of the day.
- Cover up. Wear a broad-brimmed hat and clothing that covers your arms and legs.
- Use sunscreen frequently and liberally. Use it even on cloudy or hazy days as UV rays can penetrate cloud cover.

Adapted from [Mayo Clinic](#)



Just a reminder---West Nile Virus season is coming up again; the mosquitoes are back! Check [here](#) for information.

Watch for upcoming events with AMH

Select a link or visit our website: www.hanford.gov/amh

JUNE

* [National Safety Month](#)

JULY

* [Health Maintenance Challenge](#)

(July 7—August 1)

* [Blood Donor Day - June 14th](#)

* [Quarterly AMH Health Fairs](#)
(June 4, 9 & 11)

Men's Health

By L.B. Sandy Rock, MD, MPH

June is National Men's Health month. While some might think that "men's health" is an oxymoron, great strides have taken place in the past decade on improving the health of men in this country.

Men, on average, die six years younger than women. Nationally, men have higher mortality rates than women for each of the top 10 causes of death including heart disease, lung cancer, colon cancer and stroke. They are also much less likely than are women to go to the doctor unless they are really sick. The reasons for this are probably many, but experts think men would rather not know about possible health problems that they perceive might control their lives than check for them. Of course, this is faulty reasoning.

MORE ON MEN'S HEALTH:

[Health-Screening Guidelines](#)

[Checklist for Health](#)

Men are not as accustomed to being examined and tested the way most women are, since women generally begin their entry into the health care system at a young age when they seek gynecologic services (e.g. Pap smears, birth control, prenatal care). And men are less likely to talk about health concerns or symptoms than are women; in general, so it is said, women talk among themselves and with professionals about their health and other issues much more openly than do men.

Checking for and dealing with health issues early lead to much better outcomes in almost all cases; ignoring or denying a problem exists make for difficult treatment or control. The old adage, "a stitch in time saves nine" applies, as does "an ounce of prevention is worth a pound of cure." So what are some of the "ounces" that men can and should do?

Depending on your race, age and family history, begin regular general check-ups and make sure your healthcare professional starts monitoring the following: blood pressure; fats (lipids; cholesterol) in your blood; prostate exam and blood test ("PSA"); weight and/or BMI record (i.e. don't become overweight); colon cancer screening (colonoscopy every two to ten years depending on age and personal/family history). All but the last can be accomplished in ONE VISIT to a healthcare provider. See the sidebar on the right for more details.

Taking such simple measures to reduce risk of complications of all of the above health factors can be the difference between a healthy life, chronic disease and premature death. Of course, the three most important things you can do for yourself to improve your health are 1) exercise, 2) eat the right foods and, if you are a smoker, 3) quit smoking! It's your health! Own it!! For more information on health topics of interest to you, go to AMH's website [Health News and Tips](#).

References:

[Men's Health Network](#), [FirstHealth](#)

GENERAL PHYSICAL EXAM	Discuss with doctor or at least every 5 years starting at age 20.
	Individuals at increased risk due to age or other risk factors should be screened for cancers (e.g. thyroid, mouth, skin, lymph nodes, ovaries/testicles), tobacco use, depression, alcohol misuse, obesity, diet, and sexually transmitted diseases. Immunization status should also be assessed. Recommendation for general physical exam frequency increases with age and/or increased risk.
BLOOD PRESSURE SCREENING	Start at age 18. At each office visit or at least every 2 years.
LIPID DISORDER SCREENING (test for cholesterol and other fats in the blood)	Start at age 20. Every 5 years or as advised by your doctor.
	Individuals at increased risk of coronary heart disease should be screened more frequently. Discuss with your doctor.
COLORECTAL CANCER SCREENING	Starting at age 50; earlier for certain high-risk individuals. Discuss with your doctor.
	Your doctor will help you decide the type of examination that is best for you and the screening frequency based on your risk. Potential screening options include fecal occult blood testing, flexible sigmoidoscopy, colonoscopy and double-contrast barium enema.
PROSTATE CANCER SCREENING	Every year starting at age 50.
	Your doctor should offer you a blood test to check PSA (prostate-specific antigen) and a rectal exam to check your prostate gland. He/she should talk to you about how you might benefit from prostate cancer testing so you can decide if you want to be tested.
	African American men and men with a family history of prostate cancer should discuss this with their doctors starting at age 45.

Healthy Recipes

Chicken and Toasted Walnut Salad

Serves 4

12 ounces chicken tenders
Vegetable oil spray
1/4 cup fat-free or light sour cream
2 tablespoons fat-free half-and-half or fat-free milk
2 tablespoons fat-free or light mayonnaise dressing
1/2 teaspoon curry powder (optional)
1/4 teaspoon salt
1/4 teaspoon pepper
3/4 cup halved green or red seedless grapes
1 medium rib of celery, thinly sliced
1/2 cup finely chopped red onion
1/4 cup finely chopped dried apricots
1/4 cup finely chopped walnut pieces, dry-roasted

Discard all visible fat from the chicken. Heat a large nonstick skillet over medium heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Cook the chicken for 5 minutes on each side, or until no longer pink in the center. Transfer to a cutting board to cool slightly.

Meanwhile, in a medium bowl, whisk together the sour cream, half-and-half, mayonnaise, curry, salt, and pepper until completely blended. Stir in the remaining ingredients except the chicken. Chop the cooled chicken into bite-size pieces. Stir into the salad.

Serve or cover and refrigerate for up to 24 hours.



Serve this sweet and crunchy chicken salad as is, on a bed of spring greens or slices of cantaloupe, or in an open-face sandwich—even in hollowed-out apples for a fun presentation

SERVING SIZE: 1/2 CUP	
Calories	231
Fiber	2 g
Cholesterol	52 mg
Sodium	297 mg
Protein	23 g
Carbohydrate	21 g
Total fat	6 g
Saturated fat	1 g
Monounsaturated fat	2 g

FOR MORE: [Healthy Recipes](#)